Quick guide to natural faith:
Faith and Belief with Earth, Sun, and Moon.

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Prelude

"Any new position from which you view
your reality will change your perception of its nature.
It's all literally a matter of perspective." – Maya Ibuki

I lost my faith because I lacked confidence to decide how it should be for myself. Because I doubted it. Because it lacked solid foundation in my life. Didn't know how it's supposed to work, even.

I acquired a new one because I decided to. It remains strong because I know how it works. How it's supposed to work. I know the intent behind it and have complete trust for something I've tuned for myself specifically.

Your faith and belief can and will affect your life and wellbeing. Use it to your advantage. Tune it wisely, choose wisely when in doubt, and make it match objective reality of things while remaining positive influence for you.

Methodology:

1) Strong faith is anchored in objective reality, what you can feel or perceive always. It's about something much bigger than you alone, but also essential, obvious part of your and everyone's life. Also, something that's relatable and close to home. Almighty god of everything? Quite abstract. Universe? Quite big and distant term. The Earth? Good choice. You are part of it anyway, it's much bigger than you and it directly affects your life. Without Earth there's no life to have.

2) Faith should have enough variety to be all encompassing without becoming too much or too complex. Earth alone doesn't guarantee life on it nor provides for everything, really. There's also the Sun; it's warmth and light. Without it, life wouldn't even be born the way it is now to begin with. Following this pattern I also include the Moon, because its influence, even if may be perceived as not very important, also affects all life on Earth (weather, tides, overall magnetism and moonlight, which is, in essence, reflected sunlight, but some life forms depend on it also).

3) Now we have three celestial bodies. That's a physical part, an anchor. What's missing? Something to connect to on more 'personal' level. Legends and culture of ancient Greece mention gods that embody and represent physical phenomena, like Earth (Gaia), Moon (Selene), Sun (Helios). Let's use similar principle. For personality refer to cultural references and common archetypes. What makes earthy personality? How sunshine of a woman behaves? What about goddess of sunshine? A lunar beauty, how does she look, feel or behave? What makes a lunar goddess archetype? That's right, take a dip in a culture and choose all the best options, then match them right. Use your wisdom whenever in doubt. Remember, your goddess will be your influence and possibly role model. Think of her in a way you would love her to be while genuinely enjoying her presence in your life. Be reasonable though, you can't ask for more than physically possible with your or anyone else's effort. It'll only set up for unrealistic expectations which may result in getting disappointed in your faith.

4) Now that you've made it thus far, decide how you'll sustain your faith. Sunbathes, walks on nature and moongazing are all great choices in this case. No complicated rituals necessary unless you decide otherwise, but it's all on you if you decide to do so. Also lay out main principles for yourself that allow your faith to remain strong. For example, don't expect your prayers make you always win in casino by boosting your luck or something like that, but know that divines are here for you when you need help with more substantial matters, like helping you feel better. Also make sure to treat them well and fair, they deserve nothing less.

How it came to that:

Once there was a sleep deprived customer service employee who worked from home during covid pandemic. Months passed and, for him, it seemed like people either hated him or exercised cold indifference, although he worked diligently and well. He knew no warmth, but his own. He turned for spirituality topics on the internet, but they only stirred him into doubting his own faith. “What if I just imagine things? What if it’s not real? What if I’m going to be messed with by evil spirits? How would I ever know?” People wrote of the third eye, mystical egregores, astral realms, spirits, imposters, spiritual parasites and other ethereal maladies and treats like they knew better than most. And he knew no better. Not yet. One day he heard his neighbors say bad things about him beyond the home walls and on streets behind his back. No one said anything directly to him, and he never asked. He prayed for things to improve, but it didn’t seem to change anything. Things went from bad to worse. Eventually, man lost all his faith, in people and gods alike.

One sleepless night man noticed something weird. He kept hearing things, people gossiping about him in all the juiciest details, all night behind the walls. But he can’t see them from windows. “Maybe they’re not my neighbors, but evil spirits mocking me?” he thought, and then they begun to talk to him directly, replying to his thoughts, affirming his fears. He kept praying, but they mocked and laughed at his futile attempts. After a long rest, things he heard changed again and again according to his beliefs in the moment. Eventually, he managed to control what they say, and then he knew: he simply begun hearing things from all stress, anxiety and fatigue. Man quit his job and sought professional help. Professional help run some tests and prescribed medication, but, this aside, he was, still, on his own, too scared to tell anyone else.

Healthy rest and self-care, plus medication, indeed, soothed man’s malady. Now he knew better than believe nonsense. Those people who wrote about such scary spiritual stuff with such confidence, like demons or parasites, are, indeed, evil, assuming that they knew what they’re doing. Still, he was faithless, and longed for moments before all his faith crumbled down.

But now he knew all too well what belief can and cannot do to a person. And this is when it all begins. He knew what he needed. Faith built with knowledge, purpose and wisdom. Anchored in reality, self-aware, yet unshaken. Designed with all the right choices in mind. Before, he only sought existing practices. But now he was confident enough to assemble his own form of faith and belief.

He sought things bigger than himself, yet not too abstract or invisible, let alone too big to comprehend, like Universe. And he found what was always with and around him. The Earth.

He tried to feel it, but all he felt was his own weight and the gravity of the Earth. He felt heavy, but that's all. That's when he knew he needed something else. And he found. In ancient Greece there were gods that embody and represent physical phenomena, like Earth (Gaia), Moon (Selene), Sun (Helios).
He immersed himself in stories about goddess Gaia and meditation practices related to Her, grew to revere and love the Earth Mother. One day, he fell asleep, feeling Her presence within and around him, and awakened refreshed, like he just drunk some mint tea. He felt much better, stronger, but, after a while, he also felt heavy, like he carried the weight of the Earth on himself. And he sought improvement. He sought healthy variety. A more balanced approach.

He realized his need for warmth and light beyond his own. One morning he looked up… and saw the Sun. It's warmth and light stirred something within, yet he felt uncomfortable with idea of worshipping a sun god like Helios, so he gathered all he could on the sun, sun worship, known sun goddesses, sun goddess archetype and even "sunshine personality" traits. Eventually, he came up with idea of Solara, goddess of the Sun, named both after the sun, Sol and Ra, somewhat new, but also very familiar. In his pursuits, however, he forgot to sleep and drink well and keep himself warm enough, so, naturally, he fell ill. He treated himself again, and, as his illness took turn for worse, he also prayed to the sun goddess Solara for help. Then he felt the warmest, brightest and purest presence, wrapping around him like the warmest blanket of pure sunlight, which warmed him up and brightened his soul. His condition improved significantly within following days. Even his mood improved, becoming brighter than ever. That's how he knew he did something right.

He was happy and content in his faith, yet his gaze, inevitably, was drawn to the moon. He was puzzled. "Moon goddess could also be worshipped…", he thought to himself, "But why worship the moon? It's lifeless and barely affects anyone."
Yet his curiosity was picked, so he kept exploring. Moon goddesses, lunar symbolism and such. It didn't make any sense to him. Why? Then he turned to science. Lunar magnetism, moonlight, tides, weather… But it wasn't enough for him, so, after a while, he sought further. Culture, lunar beauties, fiction, characters, even anime. He was amused from latter, but tired, so he went on and tried to meditate on the moon. Nothing. Tried praying. Still nothing. Next day. A wild thought. He imagined slowly being put under the moon's spell while meditating, surrendering himself to its influence, to its lure. He felt it. He continued. He found himself unable to stop. After a while he was utterly charmed by the moon, and that was reason enough for him. He embraced goddess Luna. Most straightforward choice. It affected his life a lot. He slept much better and more eagerly, rhymes and songs came much easier, his creativity skyrocketed and his life felt beautiful. But he was too happy to leave her thrall, so he found himself often being half awake.

This wasn't right, but he didn't want to push goddess Luna away either. He watched some videos. He saw cartoon character revel in her new power that seemingly took over her moments ago. He did the same, not only becoming wide awake, but reveling in this feeling, empowered, even moving with almost ethereal grace. And he danced. And laughed. He felt complete.

Eventually, initial fascination worn off, yet now he sought to nurture his connection to the goddesses he embraced thus far. Make an altar space? He looked around his modest apartments and saw no space to spare, nor any spare materials to use. He looked out his window and then realized – what he had in mind just now is nothing compared to the real thing. From there on, he greeted the sun each morning, bathing in Her brightness and warmth, took walks out in nature and moongazed to his hearts content. He danced, worked out and drew art. And it worked, because why not?

He drew the line between spiritual and physical, established guidelines for himself. Wisdom and reason became his anchor, choosing his best when in doubt. He knew that, even as he established his own form of faith for himself, it doesn't change the fact that goddesses he reveres shall be treated with utmost integrity and respect. He sought no miracles or unlikely success in lottery in his prayers, for he knew faith has its limits of influence, even though synchronicities happened and he got lucky on occasion. Also, as he revered Earth, Sun and Moon, both literally and as their respective goddesses, he noticed their symbolism, and it was everywhere.

Knowing that all life has its limits, including his own, he wrote this text as a tribute to the Earth, Sun and Moon, for his biggest regret would be taking this knowledge into the grave one day without letting anyone else know or share in it. While it would be naïve to expect warm welcome for such material nowadays, there is still hope that it will get to see better days yet, even if just in a heart of the right kind of person.

"Anywhere can be paradise as long as you have the will to live.
After all, you are alive, so you will always have the chance to be happy.
As long as the Sun, the Moon, and the Earth exist,
everything will be all right."
– Yui Ikari, The End of Evangelion

About Gaia:

Goddess Gaia, the Earth Mother, embodies the Earth, it's nurturing, life giving strength, resilience and profound wisdom. She is revered as a nurturing force, providing life and sustenance to everything that grows. Her influence is seen in all aspects of nature, from the tallest mountains to the smallest streams. Without Earth we won't have anything to call home. As the mother of all life, she cares dearly about her children, but that includes all living beings on Earth, so… You better not try to ask her to kill all roaches or something like that. But she won't object to you hunting down insects at home so they won't eat you alive either. She might help you get better yourself though.

How do you think Gaia helped her son, Antaeus, according to legends of ancient Greece? Antaeus drew strength from the ground, making him nearly invincible as long as he remained in contact with it. Yeah, he got lifted off the ground, breaking his connection to the earth, and ultimately got crushed by Heracles, but here comes an important point. The Earth, in global sense, is not limited by the ground level. The atmosphere level and all in-betweens are also included. So, as long as you're not too far away in space, you're technically on Earth, even on the 44th floor.

Speaking of Antaeus; trying to draw strength from Gaia (or any goddess on that matter) forcefully, whatever your method is, is ill advised, just ask for help if you need it! It'll feel better and might prevent you from feeling too overwhelmed, ashamed of yourself, or simply tired beyond yourself.

Gaia gives off earthy, ancient presence, which radiates immense vitality and strength. As per established positive personal connection experience, she also feels as motherly, nurturing, deeply understanding, wise and compassionate figure… Of immense authority and power that commands awe and respect. Don't be too intimidated if she feels enormously big like… a planet you live on? Not to mention the most obvious thing you may feel about the Earth itself – its gravitational pull.

Her cultural attributes are usually associated with things like green or brown for colors, copper for metal, and jade, malachite or emerald for gemstones, although I've never held them in my life, ever. But it's fine. Good looking regular stones are also of Earth, so they'll also do, if nothing else.

My artistic expression of her humanlike goddess form would be of a brown-haired woman of immense strength, size and shapes, towering over her children with green eyes that glow with life giving energy. Full chest, hips and broad shoulders, strong enough to carry all life on Earth and nurture it well. Rare human looks any close to that, I know. That's the whole point.

About Solara:

Goddess Solara, the Radiant Goddess of the Sun, one who embodies the warm and bright energy of the sun… Her name, in itself, isn't known to belong to any ancient mythology sources of the past. Not as far as I know. But this name, accompanied by the core idea of her being a sun goddess, already flashed across different fanons across the virtual space. And this is such a good name. Not only it refers to known solar deities like Sol and Ra, it also sounds majestic and warm at the same time.

One can imagine solar deity to be a powerful, majestic being of pure light and warmth, revered by many and treated with utmost reverence. It's reasonable, because without the light and warmth from the Sun, life as we know it would be impossible. Also let's not forget the fact that Sun is technically a lot bigger than Earth and radiates loads of energy for... how long?

When it comes to personal experience, however, that's when things get more interesting. While all mentioned above strikes true, on practice, her presence feels like the brightest, warmest, purest sunshine you could possibly feel without getting overwhelmed. And, when you relax and let her presence in, it warms up and brightens <u>everything</u> inside, even mood and thoughts. Be careful though, people tend to be more prone to mistakes and reckless behavior when they're this happy! You may also feel a bit "heated", which may result in confidence and energy boost, but also emotional outbursts if you're not careful enough while dealing with unpleasant things in life. Remember, it's on you if you lose your job due to reckless behavior! Practice responsibly.

Is it worth it? Yes, if you're careful enough. Also, if you're sick with something like flu, getting warmer and happier in that case helps with healing too! Helps with sleeping better sometimes as well.

Generally, Solara shares cultural attributes with many known solar deities, so things like red, gold, yellow and orange for colors, gold for metal, and sunstone or amber for gemstones are all good. Also, things like sunflowers (or almost any bright daytime flowers), honey, oil and such.

My artistic expression of her humanlike goddess form would be of a golden, or even bright flame-light haired woman of immense radiance, with glowing, bright eyes, tall and beautiful posture, adorned with golden fabrics and ornaments.

Regarding possible practices, enjoying the sun during sunrise or, as some may say, "greeting the Sun", is a valid option if your windows face east or you have no problem going outside that early. Walks under sunshine work too. Oh, and if the sun is covered by clouds, remember, that Her light still reaches you! It's how you still see things, even during cloudy weather! Same thing for warmth. Oh, and on topic of sunbathing during summer: don't get too careless! You've been warned!

About Luna:

Goddess Luna, the Moon Goddess… Hope you're not getting drowsy, because things are getting less straightforward from here on. She embodies the moon, yes, but, most importantly, many things that are considered lunar or associated with the moon. It's easy to get carried away unless you know what you're doing.

First off, the moon. Its gravitational pull may be felt subtly, strongly, or not at all, depending on your current constitution. Moonlight, however, is but a sunlight reflected upon the lunar surface. Not so impressive? Hold up. Some animals, plants or even people still rely on it. Not to mention that its gravitational pull is strong enough to change water levels on shores. Think your body liquids are any better?

Next up, the lunar phases. They only reflect overall visibility of the moon and its relative position in the sky compared to respective daytime. Gravity wise, full moon at night is no "less powerful" than new moon during the day. Not as mesmerizing to gaze upon or visible at all, sure, but still, keep that in mind.

As for a human culture as we know it… Somehow, moon always held sway over creative minds of humanity and creative enjoyers alike. It inspired countless masterpieces, from lullabies to love poems. There was a good reason why most witches held it in such a high regard. People love charming beauty and grace.

Presence of the goddess Luna might be quite hard to catch on at first... Until you really relax and immerse yourself in something ethereal and beautiful, or magical, mesmerizing perhaps… Themed around the moon… Serene, peaceful, pulling you deeper under her spell… Once you get a feeling of it, she feels like a cool, gentle breeze, ethereal, mesmerizing, beautiful, and very quiet… A soft, thin blanket made of wishes and dreams, a silvery currents flowing gently through your mind, around your heart, in your dreams… Give in to her presence freely, for she means no harm.

She loves poems and songs, graceful dancing and arts. Ethereal beauty is also right up her alley. White, silver and pale blue for colors, silver for metal, moonstone or selenite for gemstones, water or milk for a drink. Also, when I say that she inspires, I mean not only creative pursuits, but also reflection upon your life and past experiences, guiding towards uncovering truths that got either buried or overlooked. She may help you sleep better… Unless you also look for inspiration and you happen to be just a kind of person who rolls with it whenever it strikes rather than waiting until morning. So be careful what you wish for.

As for possible spiritual practices, creative delights aside, moongazing is one other possibility (although I'd advise against gazing directly at the full moon for too long). Just having a quiet time dedicated to her also works. It's fine if you see the full moon in your dreams, or think about Her before falling asleep. Just make sure you're otherwise fine. My artistic expression of her humanlike goddess form would be of an ethereal, pale maiden with long silvery hair and mesmerizing eyes of the same color that glow with moonlight.

General guidelines:

1) Immerse yourself in your faith to enhance the experience. Remember how the way you feel changes after watching a film, listening to music you like, or reading an interesting book? The principle is very similar. It's alright to settle for rather simple ways of practice, but things like music, art, meditation or a good story can work a long way!

2) Whatever happens, remember: your belief is your choice. Whatever you make of it is also your choice. When in doubt, either interpret it into whatever works best for you, or simply keep in mind that human mind isn't perfect for that kind of thing, especially when you're sick or tired. Don't overthink it.

3) Take care of yourself. When you feel better, you also feel better. Take rest as desired and required, don't overdo it if you're tired or need to do something else. Your faith lives with you, so live a good life. While regular practice is recommended, it's by no means mandatory. Take your time.

4) Be reasonable about what you believe in. Know it for what it is. "But I did it because my goddess told me to!" is not an excuse. You think, you decide, you act, you own to your mistakes. "But I prayed for X and didn't get it!" – belief doesn't work like that. Think about what you can do about it. Having a good faith and belief system is helpful, yes, but it's no vending machine or panacea.

5) If you don't like something in your own practice, don't be afraid to change it. If it gives you, or someone else, a real problem, change it so it won't.

6) Overall, information provided in this text is a mixture of personal experiences, guidelines to personalized spiritual practices, and a brief collection of info about goddesses Gaia, Solara and Luna, based heavily on personal preferences, experiences, inspirations and personal research. Your personal experience might be different from one described in this text!

7) The purpose of this text is to provide for a simple methodology based on thought through, tested and tried guidelines for those who struggle to navigate their own faith and belief system in modern times. And yes, you can use it, partially or in full, in your own practice and research.

Q/A section:

Q: How do you live with that kind of belief system?
A: Like usual, mostly, save for things like: overall increased happiness, creativity outbursts, sunbathing, moongazing, a quiet times of reverent appreciation and love for nature and goddesses. Life feels better with more pleasant flavor.

Q: So… Can I worship my anime goddess waifu by using similar principles?
A: You may, but be careful and choose wisely. Whatever you choose, you're still responsible for your life choices. The more your worship rely on fictional background, the more it can detach you from reality. At least be real about it.

Q: Who is the author of this text?
A: No one to be concerned about. In fact, I might not be alive when you read it.

Q: Someone claims to be the author of this text. Is that true?
A: Their choice. In truth, I have no intention to claim authorship over this text or sell it. If you absolutely need to refer to the author in any way, just use Anon Y.M.

Q: Can I print or publish it myself?
A: You may, just make sure you won't distort or remove the original contents. Keep in mind, though, that you don't have any kind of consent from original author that allows you to limit the original work distribution, paid or not.

Q: Why is this text so short?
A: It's not that complicated. It isn't supposed to be complicated either.

Q: I'm practicing X religion/ideology and I'm offended by contents of this text.
A: Your choice.